

# MindMatters Plus GP Initiative

The MindMatters Plus General Practice Initiative (MM Plus GP) is a demonstration involving Divisions of General Practice across Australia. The initiative aims to bring schools and the primary health care sector together to develop better referral pathways and networks of care for secondary students with high support needs in the area of mental health and well-being.

The initiative commenced as a collaboration between ADGP's Mental Health Program and the National Divisions Youth Alliance. ADGP remains committed to the initiative.

The MindMatters Plus General Practice Initiative is an extension of the secondary school based initiatives, MindMatters and MindMatters Plus.

The Australian Government - Department of Health and Ageing has funded the initiative under the National Mental Health Strategy and the National Suicide Prevention Strategy (as it does MindMatters and MindMatters Plus). The initiative is funded until December 2005.

## **MindMatters and MindMatters Plus**

MindMatters is the Australian Government - Department of Health and Ageing's national resource for promoting wellbeing for all Australian schools with secondary enrolments. It is being managed by the Australian Principals Associations Professional Development Council (APAPDC).

MindMatters Plus is a national demonstration initiative that aims to develop a good practice approach to improving the capacity of secondary schools to support students with high needs in the area of mental health and wellbeing. It builds on the existing MindMatters initiative.

The 17 demonstration schools within MindMatters Plus make up a very diverse group of school communities, ranging in size from 50 students to 1,800, located in capital cities, regional towns and rural areas and with diverse populations. Many schools are well advanced with mental health promotion and prevention projects designed to strengthen life skills, resilience and wellbeing among students, particularly those at risk.

MindMatters Plus is managed APAPDC and the Australian Guidance and Counselling Association (AGCA). Both organisations are key partners of ADGP in the implementation of MM Plus GP.

## **MindMatters Plus GP Initiative**

The initiative seeks to increase the capacity of demonstration schools, together with their local community, to provide support for students with high mental health needs within primary care settings. It will also identify priorities for future national action in terms of enhancing the school, community and primary care interface.

The initiative encourages and assists Divisions with a *MindMatters Plus* school in their catchment to work jointly with the school to develop a plan to improve access to primary mental health care by young people with high support needs. This support includes access to a capacity fund for those Divisions and the development of a resource kit for use across Divisions, schools, GPs and other primary health care professionals. There are 16 Divisions involved in the Initiative (see overleaf for list)

The ongoing work being done across many Divisions of General Practice, in terms of youth mental health programs in schools, including other collaborative work with schools is recognised.

See overleaf

**MindMatters Plus demonstration  
schools and associated  
Divisions of General Practice (DGP)**

| <b>Schools</b>                         | <b>Divisions</b>               |
|----------------------------------------|--------------------------------|
| Liverpool Girls High School, NSW       | LIVERPOOL DGP                  |
| Narara Valley High School, NSW         | NSW CENTRAL COAST DGP          |
| Walcha Central School, NSW             | NORTH WEST SLOPES DGP          |
| Taminmin High School, NT               | TOP END DGP                    |
| Coombah State High School, QLD         | GOLD COAST DGP                 |
| St Mary's College, Dalby, QLD          | SOUTHERN QLD RURAL DGP         |
| Trinity Bay State High School, QLD     | CAIRNS DGP                     |
| Fremont-Elizabeth City High School, SA | ADELAIDE NORTHERN DGP          |
| Open Access College, SA                | ADELAIDE CENTRAL & EASTERN DGP |
| Woodcroft College, SA                  | SOUTHERN DGP - ADELAIDE        |
| St Michael's Collegiate, TAS           | SOUTHERN TASMANIAN DGP         |
| Mill Park Secondary College, VIC       | NORTHERN DGP - MELBOURNE       |
| Berengarra School, VIC                 | GREATER SOUTH EASTERN DGP      |
| Lavalla Catholic College, VIC          | CENTRAL WEST GIPPSLAND DGP     |
| Whitefriars College, VIC               | WHITEHORSE DGP                 |
| Girrawheen Snr High School, WA         | OSBORNE DGP                    |

Some MindMatters Plus schools have already established links with general practice and most are now working with their local Division to implement a general practice component to their demonstration.

**MindMatters Plus GP cont'd.**

With extra funding secured late in 2004, 7 additional Divisions were selected to implement MindMatters Plus GP programs with local schools. While not identified as MindMatters Plus schools, the schools and Divisions were chosen because of their capacity to address particular concerns relating to indigenous students, those from a culturally and linguistically diverse background and/ or remoteness. New schools and Divisions added to the demonstration are:

| <b>Schools</b>                                        | <b>Divisions</b>        |
|-------------------------------------------------------|-------------------------|
| Eudunda Area School, SA                               | Barossa DGP             |
| Cowra High School & Kelso High School, NSW            | NSW Central West DGP    |
| Canterbury Girls High & Canterbury Boys High, NSW     | Canterbury DGP          |
| Perth Modern School, WA                               | Perth Central Coast DGP |
| Benalla Secondary College & FCJ Catholic College, Vic | North East Victoria DGP |
| Swan Hill Secondary School & MacKillop College, Vic   | Mallee DGP              |

The MM Plus GP initiative is very much about laying the foundations for implementing sustainable referral pathways and takes a staged approach to building relationships between Divisions and schools.

Encouraging partnerships to develop under the initiative is a step along the way to establishing and refining effective referral pathways and networks of care for students with high support needs in the area of mental health and well-being.

Information on MM Plus GP can be found on our website at [www.adgp.com.au](http://www.adgp.com.au), by following the links to the National Divisions Youth Alliance or the Primary Mental Health Care Network.

For further information on *MindMatters* and *MindMatters Plus* go to [www.curriculum.edu.au/mindmatters](http://www.curriculum.edu.au/mindmatters)

For more information on the MindMatters Plus GP Initiative, contact

Jane Westley  
Senior Project Officer  
MindMatters Plus GP Initiative  
Australian Divisions of General Practice  
Ph: 02 6228 0844  
Email: [jwestley@adgp.com.au](mailto:jwestley@adgp.com.au)